

# - THE - *Thyroid* FACTOR

101 THYROID  
**BOOSTING**  
FOODS





# 101 THYROID BOOSTING FOODS

101 Foods, Herbs, Spices, Teas, and Essential Oils  
To Support Female Thyroid Function



1



## Apples

This high fiber food is still considered to be one of the top sources of antioxidants and flavonoids. Fiber is a key missing link in weight loss with those that suffer from thyroid issues. Organic is best, as these are often highly sprayed with pesticides. Can be eaten raw, or cooked for multiple benefits.<sup>(11)</sup>



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## Avocadoes

Loaded with fiber, this monounsaturated fat, has beneficial sterols,<sup>(1)</sup> and is actually a fruit. This healthy fat keeps you full and can be added to salads, made into dips, or sprinkled with cumin and salsa for a healthy snack. Healthy fats help to regulate body temperature which is a problem for many women with low thyroid levels.

## Cinnamon

This spice has been used for centuries in teas, and cooking. Cassia cinnamon has been highly prized since the days of Egypt and calms inflammation from arthritis to sore throats.<sup>(2)</sup> Add sticks or crushed cinnamon to coffee pots. Sprinkle on oats, or baked sweet potatoes.

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## Seaweed

High in iodine, considered to be a great help to thyroid sufferers that are commonly lacking this nutrient that balances thyroid hormones. However, if you suffer from an autoimmune disorder of the thyroid, as in Hashimoto's Autoimmune Thyroiditis, avoid this food as it can interfere with thyroid hormones.<sup>(12)</sup>

## Broccoli

Shown to fight breast cancer, and be a great source of sulforaphane,<sup>(14)</sup> this vegetable is touted as a superfood for combating hormone related diseases. Eat steamed with a drizzle of olive oil to add the best health benefits.

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## Grapes

The darker the better in this red or purple fruit loaded with resveratrol. Anti-aging properties are found in red wines, and dark purple and red grapes.

## Ashwagandha

Adaptogenic herb used for centuries to balance menopausal symptoms <sup>(3)</sup> and help with fatigue. Can be purchased in root form and made into tea, or taken in capsules.

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## Maca

This powdered root can be taken in capsule form or bought powdered and added to smoothies. This naturally energizing adaptogen helps with balancing thyroid, and hypothalamus.<sup>(4)</sup> Relieve fatigue and reboot metabolism with this age old root.

## Kombucha

Fermented drink and tea, that helps with digestion and leaky gut issues. Known for gut healing, as it contains high amounts of live probiotics, and is now found in assorted flavors in grocery and health food stores.

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## Greek Yogurt

High probiotic and high protein food, helps with gut health and intestinal flora. Balances the good belly bugs and keeps you regular.

## Kefir

Used for centuries to calm digestion and soothe the lining of the gut which is needed for those suffering from belly inflammation. High living enzyme probiotic food.

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## Spinach

High in iron, needed for energy production and to prevent anemia. <sup>(8)</sup>Can be used in smoothies, and omelets, stews, soups and as a side dish. Fights disease and infections, and helps to ward off cognitive decline.

## Kale

Eat steamed, or sautee with garlic and ghee for a high fiber, vitamin rich vegetable. Drizzle with olive oil for multiple benefits.

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## Squash

Acorn, Spaghetti, and Summer and Yellow are great source of complex carbs, vitamins, minerals and zinc. Bake at 375 cut in half upside down on a foil lined cookie sheet for 40 minutes. Drizzle with melted coconut oil for a filling addition to any healthy dinner.

## Sweet potatoes

High in fiber, vitamin A and C, and a great addition to a healthy diet. Eat baked with a tablespoon of coconut oil and a sprinkle of cinnamon for the largest health benefits. This healthy complex carbohydrate will not be stored as fat if eaten pre or post workout, as it will replenish the body with lost carbohydrates and help repair muscle tissue.

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## Green Tea

This superfood has been used for centuries as a natural antioxidant and belly fat reducer. The catechins are the key to this energizer that has the medical and alternative world raving! <sup>(15)</sup>

## Miso

fermented food with anti-aging, cancer protection, that boosts skin, vitality and bone health.

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## Beef

A great source of protein and iron. Iron deficiency is common with women suffering from low iron, and animal protein is the most absorbable source of heme iron.<sup>(7)</sup>

## Shrimp

High in Zinc for tissue healing, and hair loss that is common in thyroid patients. <sup>(6)</sup>

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## Chicken

High protein, low fat food that is should be a mainstay of a healthy diet. Choose pasture raised and/or organic that are free from hormones.

## Turkey & Pork

High in zinc, needed to prevent hair loss.<sup>(5)</sup>  
Great source of protein. Choose leanest cuts.

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## Shrimp

High in protein, zinc, and copper. Great grilled with cumin and curry, skewered with pineapple and hot peppers for a metabolism spiking meal.

## Scallops

High low fat, high in protein food. Great grilled or seared.

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## Tuna

High in protein and Omega 3's, ward off inflammation that is common with thyroid disease. <sup>(13)</sup> Eat high grade sushi or seared on a bed of greens.

## Salmon

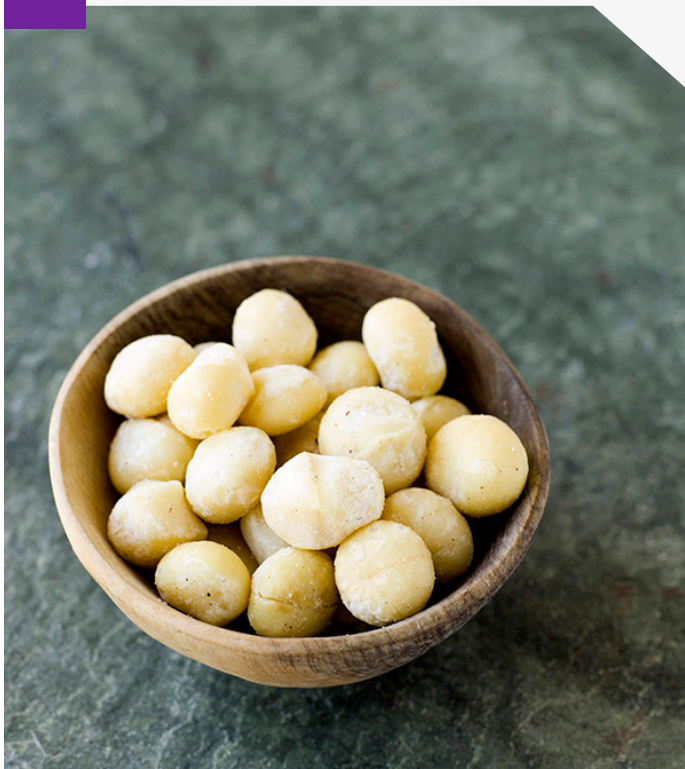
High in Omega 3's to ward off heart disease which is common in hypothyroid women. <sup>(16)</sup> 3 servings per week are recommended.

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## Macadamia Nuts

High in selenium which is often missing in low hypothyroidism. <sup>(9)</sup>

## Brazil Nuts

High in selenium which is usually a key missing nutrient in low thyroid sufferers. <sup>(10)</sup>

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## Almonds

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High in healthy fats, great source of protein and fat. Good snack for low carb diets.

## Cashews

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Great source of healthy fats and protein. Raw Cashew butter is a great source of energy for those watching carb intake.

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## Walnuts

Great high healthy fat, with protein. Good for snacking and low carb diets.

## Sauerkraut

Gut friendly and loaded with probiotics,, this fermented food should be a staple in an energizing plan that has a compromised digestive system.

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## Blueberries

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High on the antioxidant scale, this fruit is a great addition for overall wellness and anti-aging. Great addition to plain yogurt, or smoothies.

## Strawberries

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High in vitamins and supports aging, and tired lackluster skin. Loaded with phytochemicals that boost immune function.

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## Blackberries

High fiber and vitamin content, with anticancer and antiaging properties. Add to smoothies and eat with plain greek yogurt.

## Cherries

Great anti-inflammatory fruit. Red tart cherries are a tasty addition to smoothies. Protect cells from damage and aging. Prevents sore muscles and muscle damage.

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## Raspberries

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High fiber, great addition to smoothies.

Loaded with vitamins and ellagic acid that has been said to ward off everything from aging skin and brain issues.

## Peaches

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This juicy fruit is loaded with vitamins and minerals and great for dull skin that is common in fatigued women.

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## Plums

High potassium and shown to ward off cancer, stroke and high blood pressure. <sup>(22)</sup> all which are common in hypothyroid sufferers. Another one of nature's juicy fruits that wards off sweet tooth cravings, while keeping you healthy.

## Grapefruit

Enzymes that ward off hunger are a diet mainstay in this tasty citrus fruit loaded with vitamin C. Great for healthy skin too! Smelling a grapefruit has energizing properties as well, so be sure to sniff AND eat!

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## Lemons

Detoxifying and loaded with vitamin C, add the juice of one lemon to your first morning drink with a teaspoon of fresh ground ginger for a digestion and energizing booster.

## Oranges

High vitamin C, great for skin. Eat real oranges with the white pulp, but stay away from the juice that is loaded with sugar and has little benefits.

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## Pineapple

Bromelain is the key compound in this tasty tropical fruit. Helps with pain, swelling and inflammation, common in thyroid sufferers. High amounts of vitamin C and manganese.

(29)

## Arugula

Bitter greens high in detoxifying properties.<sup>(25)</sup>

Great for weight loss. Eat as a salad topped with blueberries and sliced almonds. Add grilled chicken for a tasty and filling meal. Drizzle salad with avocado oil and sea salt.

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## Bone Broth

Supports healthy gut lining. This collagen rich broth made from steeping bones of beef, pork or chicken has been used for centuries to heal and improve immune health. <sup>(17)</sup>

## Brussel Sprouts

This cruciferous vegetable is high in nutrients including vitamins K , which is associated with strong bones, and vitamin C a top disease fighter. This low fat food is a healthy and filling “weight loss” side dish and is best when steamed, cut in half, then “flash fried” with a diced clove of garlic and put into a hot skillet to crisp the sides of this veggie.

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## Cauliflower

Steam and use instead of rice, or roast the entire head drizzled with olive oil and sea salt on a baking sheet at 350 for 40 minutes. Cruciferous vegetable high in vitamins C and K, and adds fiber to diet. Fiber is usually lacking in women's diets that have bowel irregularity issues.

## Cucumbers

Light and tasty, add to salads, and steep with lemon and water for a refreshing and natural diuretic. Water retention and bloating is common with thyroid imbalances and this prevents excess water weight gain.

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## Garlic

Shown to have positive effects in the prevention of heart disease<sup>(35)</sup>, this powerful anti-aging spice has been around for centuries. With heart disease on the rise for women with thyroid issues, garlic is a tasty way to add benefits with flavor to your food.

## Parsley

This fresh and bright tasting plant can be used in cooking, however when eaten raw, has powerful detoxifying properties. Also shown to help with H. pylori- an infection that affects the intestines and digestion of many thyroid patients...this plant can be chopped and eaten in Tabbouleh, or salads, or add 1/4 cup into a greens smoothie for benefits.<sup>(46)</sup>

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## Onion

The numerous benefits including preventing heart disease<sup>(35)</sup> make this plant a must in any kitchen.

## Spinach

One of the most powerful “superfoods” on the planet. Showing antidiabetic properties in studies<sup>(38)</sup>. Spinach can be sauteed with garlic and avocado oil or ghee for a tasty and vitamin rich side dish, or added to smoothies, meatloafs and soups to raise the nutritional benefits. Loaded with plant based iron, this powerhouse should be a mainstay in any healthy kitchen.

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## Vegetable Juice

Without the need for digestion, cold pressed, or fresh organic vegetable juice is the best way to nourish a tired and weakened system.

## Vegetable Broth

Calming and fortified with nutrients, this gut healthy broth can help with digestive disorders. Use organic vegetable broth and fill with celery, garlic, onion, turnips, carrots, parsley and dill for a warming and filling thyroid friendly soup.

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## Artichokes

A rich source of fiber, this vegetable has fermentation and living probiotic properties that range from gut health to inflammation in intestinal tract. Bake, steam or use in salads, this type of fiber resides in the colon, making this a fantastic addition to those experiencing belly issues.

## Sunflower Seeds

Rich in healthy fats, this snack is used to ward off mood related issues, and plays a crucial role in thyroid hormone metabolism. Contains high amounts of beneficial selenium, copper, and B vitamins. Look for non GMO, organic or better yet, find Sunflower Butter from your local health food store for an energizing and tasty snack.<sup>(39)</sup>

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## Mushrooms

Rich in medicinal properties and used for centuries to fight disease. Mushrooms have properties that fight thyroid disease, cancer, and inflammation and are a tasty way to add nutrients to side dishes. Saute with red wine and garlic for an extra boost to the immune system.

## Hot Peppers

Peppers are known to boost metabolic rate and body temperature, so give that metabolism a kick with a fiery jalapeno, or habanero pepper in your dishes.

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## Cayenne

Tasty spice used to boost metabolic rate and warm the body. Use in cooking, or mix 1/2 tsp. with a teaspoon of apple cider vinegar and 1 tablespoon of honey for an energizing natural metabolism booster.

## Celery

Used to calm digestion, and ease gastritis. This vegetable can be eaten raw and whole or juiced for benefits that help with gut issues.<sup>(47)</sup>

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## Ginger

Eases digestion, calms nausea, anti inflammatory herb used in cooking and juiced for wellness. Freshly ground and added to foods, cold pressed and juiced, or chopped and added to stir fry's... this age old healer should be part of a healthy thyroid diet plan.

## Turmeric

This biblical spice has been used for centuries and is the compound that gives curry its yellow color. Lowers inflammation and is a superfood known for it's anti-aging properties. Shown to reduce cancer cells, inflammation in the brain, and help with digestive disorders. <sup>(28)</sup>

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## Oil of Jasmine

Antidepressant and aphrodisiac properties also used for pain and lethargy associated with “that time of the month” ( make this beautifully scented oil a must for an exhausted woman. Use in a room diffuser or drip onto a cotton ball and store in your desk for a reviving and uplifting way to get you balanced and feeling sexy again! <sup>(43)</sup>

## Oil of Rosemary

Stimulating and relieving of nervous energy and fatigue. Can us in a diffuser or topically.

63



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## Oil of Orange

Promotes feelings of energy and motivation  
good mood and alertness.<sup>(18)</sup>

## Oil of Peppermint

Promotes feelings of alertness while calming.  
Mixed with carrier oil, can be applied to the  
skin for a revived feeling.

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## Oil of Frankincense

Used since Biblical times with powerful immune healing properties.<sup>(36)</sup> This warm scented oil can be used in a diffuser for overall health with thyroid and immune boosting benefits.

## Oil of Grapefruit

Energizes, invigorates, prevents water retention, and bloating. Great for sluggish thyroid and metabolic issues.<sup>(14)</sup>

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## Oil of Spearmint

Promotes feelings of energy, prevents fatigue, helps with focus. Best when used in a room diffuser or drops put in a carrier oil and rubbed on tired muscles.

## Oil of Lavender

Stimulates the liver and hepatic systems.

<sup>(37)</sup> Shows promising results for those with digestive issues and pain in the stomach from thyroid related issues.

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## Black Tea

Teas have uses from simple calming, to digestive to antioxidant effects. Black tea has phenolics and antioxidant properties that are needed for immune health. Plant extracts are used to slow the aging process and combat disease. Teas are a tasty and great source.

## Oats

Oats are one of the best sources of energy that comes from a plant. Used dry in smoothies, or made into oatmeal, this fiber, protein and carbohydrate can be found gluten free for a nutritious addition to a healthy diet. Best known for providing energy, keeping you full, and adding in needed vitamins and minerals to keep your weight down and energy levels up.

71



72



## Gotu Kola Tea

Known to boost adrenals, calm the nervous system and one of the oldest herbs in Ayurvedic healing, this tea should be a staple in your thyroid and hormonal balancing plan. Improves the circulatory system, revives the body and is a powerful anti-aging herb.<sup>(46)</sup>

## Herb-Milk Thistle

used as a liver detoxifier, the silymarin plant cleanses a sluggish digestive system, and has been used to treat alcohol related disorders.

(31)

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74



## Herb-Siberian Panax Ginseng

Adaptogenic herb used for centuries to increase stamina and vitality and combat fatigue. Improves libido, and physical performance <sup>(44)</sup> Can be purchased in tincture and capsules.

## Thiamine

Necessary to combat fatigue, this vitamin (B1) is found in beefs liver and pork, whole grain products, legumes, eggs and peas. B vitamins are needed for the nervous system and energy metabolism.

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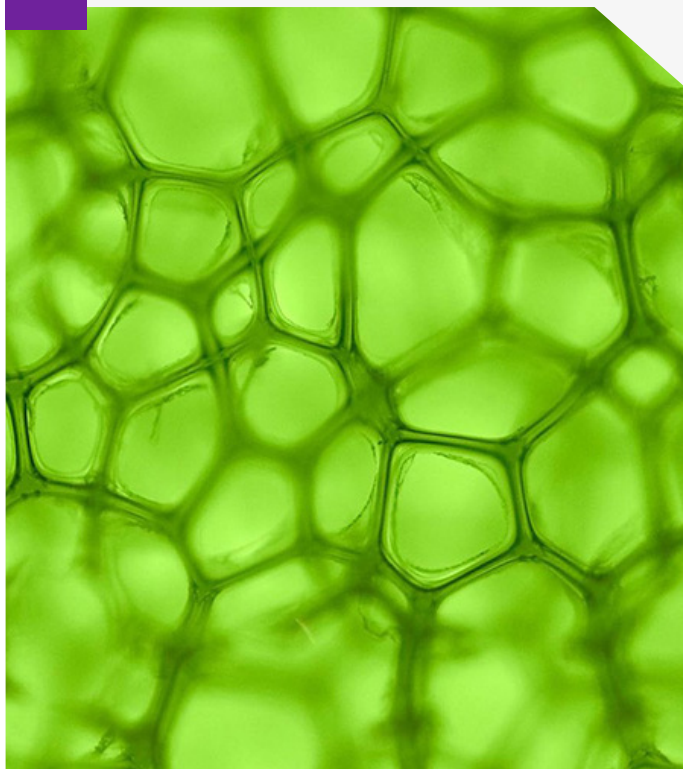
## Herb-Schisandra

Hormone balancing adaptogenic herb used for centuries to help balance issues with women's health. Can be taken in organic capsule form for hormone health.

## Chlorophyll

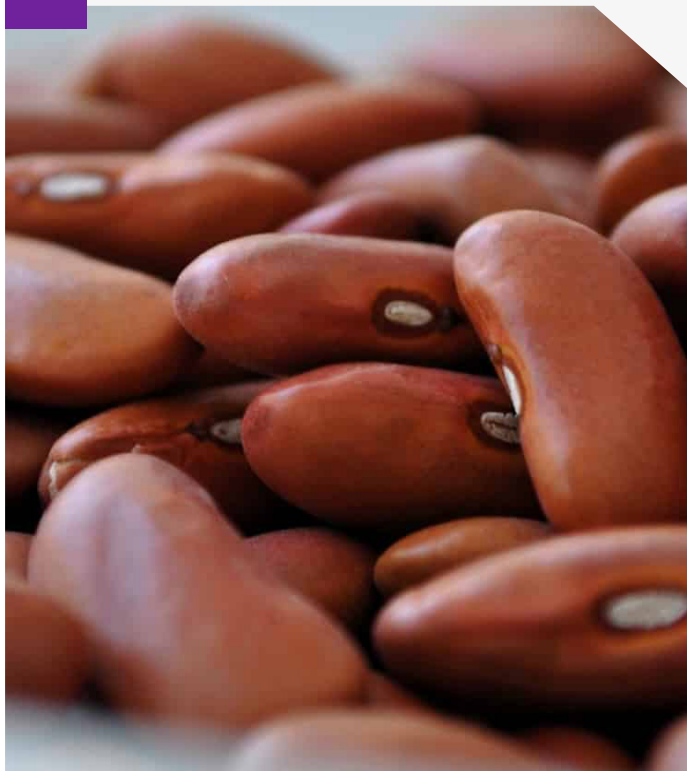
Powerful detoxifying properties, essential for all living cells. Aid in the growth and repair of tissue with anticancer properties.<sup>(42)</sup>

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## Beans

Contain, protein, fiber resistant starch, prebiotics for gut health and iron, needed to prevent fatigue. <sup>(20)</sup>

## Lentils

Contain protein, fiber resistant starch, prebiotics for gut health and keep you full, and energized, making these a great weight loss food.

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## Chia Seeds

Recently used ground in everything from cookies, to smoothies, sauces, to sprinkled on yogurt, this tasty seed has mega antioxidant properties. A soluble and insoluble fiber and Omega rich plant, that helps with regularity, this little seed is packed with nutrients. While showing brain optimizers increasing GABA activity,<sup>(27)</sup> (for foggy brain thyroid gals worried about Alzheimer's) the best part of chia seeds is that they shuttle sugars out of the colon, before the body absorbs them. Making them a must in any energizing, digestive healthy thyroid plan.

## Flax Seeds

Loaded with fiber, and omega 3s this tasty and nutty seed is a nutrition powerhouse packed with vitamins. Add 1 tablespoon to smoothies, meatballs and stews to thicken and add nutritional benefits.

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## Hemp Seeds

Containing 10 essential amino acids <sup>(41)</sup> protein, healthy fats and fiber..this is a great and simple way to boost nutrition when thyroid issues keep you from feeling your best.

## Beets

Filled with potassium, fiber and magnesium, beets are a powerful source of nutrients that maximizes electrical activity in the nervous system(26)and regulates blood sugar levels. Keeping blood sugar stable is of utmost importance when thyroid hormones are not working properly. When blood sugar swings too low, we are not able to function or think properly, let alone feel energized...a common problem for a thyroid patient.

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## Brown Rice

Keeping the outer layer of the rice intact is where you get the benefits of this slower digesting carbohydrate. In small portions, this is a great source of energy for women that follow too low of carbs diets. If you want to remain energized and vital, healthy carbohydrates are needed for brain function and vitality.

## Yams

High source of energy, vitamins A and C.  
Great addition to a healthy diet for someone that has an active lifestyle. Replenishes body after exercise.

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## Coconut Oil

A medium chain triglyceride, high in lauric acid, great for prevention of heart disease which is more prevalent with hypothyroid women. This tasty oil has been shown to do everything from heal and hydrate skin to manage metabolic rates and help with weight loss in premenopausal women and women with thyroid disease. Also shown to improve digestive issues and gut health.<sup>(32)</sup>

## Olive Oil

Healthy thyroid inflammation fighting fat, best used when not heated. Use in dressings and drizzle on cooked vegetables.

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## Avocado Oil

High heat tolerant, great when used to saute vegetables.

## Walnut Oil

Tasty healthy fat can be used in salad dressings, and helps regulate satiety when trying to limit carbs on a low carb thyroid friendly diet.

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## Ghee

Butterfat minus the dairy is what this tasty fat is! Allergen free, an ultra-clarified butter. This is rich in vitamins, A, E and K2 which is great for those with dairy allergies and digestive issues. Use in place of cooking oils and butter.

## Coconut Cream

Tasty alternative to dairy, use in smoothies, and coconut curried dishes. Blend with turmeric spice, and cook raw cubed chicken breasts in this for an inflammation fighting, filling dinner.

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## Almond Milk

Dairy free. Great when used in smoothies for those with digestive issues related to milk allergies.

## Hemp Milk

Dairy alternative for thyroid friendly diets, this “milk” is high in Omega 3’s and has a creamy taste that is great on oats, or in smoothies. <sup>(40)</sup>

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## Flax Milk

High in Omega's the healthy fats, great alternative to milk. Containing no cholesterol and lactose free, this can be added to oats and smoothies in place of milk products.

## Goats Milk

Probiotic rich goats milk is tolerable with those with slight dairy issues as it is fermented and helps calm oxidative stress <sup>(34)</sup> associated with inflammation with imbalances in thyroid.

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## Goat Cheese

High in probiotics, this cheese is a tasty alternative to other cheeses if dairy is an issue with thyroid disorders.

## Sourdough Bread

This bread made from active live cultures and is tolerated by thyroid patients that are avoiding gluten.<sup>(33)</sup> Although it is made from wheat, it is made from a fermenting process and tolerable to those that even test positive for celiac disease.

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## Peppers

These colorful vegetables add a sweet but tangy flavor to low carb, gluten free diets. Use in stir fries, eat raw or add to salads for a vitamin and nutrient boost.

## Plant Based Protein Powder

Most women are deficient in protein. Protein is needed for all cells, and the recovery of muscle tissue. As we age, we lose muscle tissue. One of the best additions to a healthy thyroid diet, is adding more protein in the form of plants. Since this is not always easy, using an organic plant based protein is a great way to add protein to the diet. Drinking a smoothie, with fresh fruits and kefir, and/or coconut milk with a tablespoon of chia seeds is a simple way to add beneficial fiber and nutrients to your daily plan.

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100



## Kimchi

Boosts the immune system and aides digestion. This Korean staple is loaded with pro and prebiotics for a healthy gut.<sup>(23)</sup>

## Dark Chocolate

High in copper and antioxidants, this sweet tooth indulgence is considered a superfood with super benefits. Lowers blood pressure and fights disease. Destroys aging free radicals.<sup>(30)</sup>

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